

Training Call 3

[0:00:00]

Laura: Okay. So I started the recording. Hello everyone. I'm going to put you on mute so that so we get a nice, clean recording although of course I missed hearing your voices. [Laughing]

I'm hoping that maybe today near the end we'll have time for some questions. I'm going to see if I can leave some time for Q and at the end of this call both on anything that's coming up around today, around the course material for Saraswati. Yey. We get to be with Saraswati today or anything coming up from the rest of the class.

So again, I'm Laura Cornell of Divine Feminine Yoga. Today is Thursday morning, March first. Wow. It's already March and I'm kind of like amazed by that and we are halfway to our class. This is the midpoint. It has been super full, super rich, lots and lots of content and we have quite a bit more to go.

So today we're going to be really looking at the creative side of being a yoga teacher. We're going to look at goddess Saraswati and what does she have to teach us about flowing with the creativity of the cosmos and stepping into that kind of divine guidance and how that affects our teaching on a daily basis, how that empowers and enriches our teaching so that we are more naturally vibrant, naturally alive, which is truly attractive to our students.

Our students want to feel like this spiritual vitality to our teaching. And so when we're in touch with this river of inspiration and intuition, it really helps our students to feel connected to us and it helps us feel connected. So that's just make everything flow more easily.

And then secondly, Saraswati is kind of that deep inspiration we need to really stay on the edge of our game, to stay on the edge of our Yoga teaching so that we're constantly evolving and creating our new kind of really cutting edge program that comes from our unique passion and our unique teaching.

And when we do that, our offerings step out of the flatlands and we take our best students to their depths and to really the depths of what we have to offer and it becomes so much more juicy for us as the teacher when we ride on that creative edge of what we have to offer.

It is also very juicy for the students because your best students really want to go deeper. So you know, yes it's great to have a lot of students and a lot of classes. That's one way to teach. But if you can kind of skim up the students who are just longing to go deeper with you and help them do that, it's a great way to deepen our teaching,

find more fulfilment, be of greater service - your unique service and it can also really help your income. Okay.

So we're going to look at that today and help those things all kind of come together as you really connect with Goddess Saraswati. As they say with an English pronunciation, Saraswati. Or we're going to pronounce it more like Sanskrit, we would say Saraswati. Saraswati. See I want to just repeat that to yourself. Saraswati. The accent is on that – not the next to the last but before that syllable. Saraswati. Okay.

So, just – you didn't really – this much not really connect with the previous two modules on Kali and the module on Durga because you are unique offering. Your signature program that we're going to look at how to develop today really needs to be grounded in your passion.

It needs to be grounded in your uniqueness and your unique niche, in your life story, in a pain that you've had and overcome. Something like that, okay. So it needs to be uniquely you. It needs to come from something that's important to you. And so that's why it's really important to have completed the unit on Durga before you step in to this energy here and into creating your signature program.

And then the unit on Kali, a lot of times people still like, "Who am I to offer something special? I'm nobody special. I don't deserve to offer something special." So when we cover, clearly limiting the leads, right and as you release those limiting the leads, then you become free to serve beautifully, to just shine – to shine your light and serve with love.

So we really need to release any leavening the leads that, "I'm not good enough. Or who am I to offer special training? Or who am I to offer special title?

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Who am I to promise that I can really help my students move out of depression or heal better after surgery or heal from addiction. Whatever, you know, feel better when they're pregnant. Once we really let go of that who am I or we let go of our self-plain and our self-doubt and our self-judgement, becomes much more possible to be creative because of negative self-belief really **[0:05:24]** **[Phonetic]** creativity, your creativity blockers, creativity stoppers. So when we release that appears on the doubt, that's so much easier to be creative and to enjoy being in the flow of our creativity.

I want to really thank most of you who's been on the online forum. There's been a ton of you posting your bios this week. I had just had too fun this morning reading them and what I think I'd like to do is,

on our mentoring call on Monday, I'd like to go through and give my feedback to those of you who have been posting your bio.

So if you'd like feedback on your bio, go ahead and post it there and it's on a forum so you click at the top under that tab that says forum and then there's a thread that says bios that Liz started and it's gotten really long. [Laughing] There's 27 replies.

So in order to have 27 replies, it's actually 3 pages. So once you read through the first page, you're going to see Anette first, and then Mary and Jenny and Jenny and Anette and Jenny. Some of you are replying to each other which is great and Demi and Katy, Mary, there's me commenting a little bit.

So and then when you get all the way to the bottom, there's more pages such as previous, 1, 2, 3, next. So when you're finished reading page 1, you can go on to page 2, you can go on to page 3, and whenever you post yours it will go at the end.

Unless you're posting a reply to someone else's, like if you read Mary's and you want to reply to Mary click just kind of in her post that says reply so you can reply to Mary. If you want to post your bio not as reply to Mary but as reply to the entire e-mail string – oh sorry, foreign post go up to the top of the page and there's a place there for you to pray your own post in this string of posts. And then other people can reply to that.

So yeah, go ahead and do that. Look at all the different pages and I know some of you are posting them just cutting and pasting and some of you are posting as attached documents and someone said, "Oh, could you please post–paste it in?" because not everyone can open all attachments. [Laughing]

Unfortunately, not all computers speak to each other so my recommendation is actually to post-paste the text in. Now if you have special formatting for your bio, is it one in PDF? Actually PDF for most people are easier to open than Word document because someone who has a new Word computer and you have an old version, they might not be compatible.

PDFs generally are pretty compatible but still if you can post-paste the text and then if you have some kind of fancy formatting you want to see back on, you could add that as an attachment. But in general, if you paste the text then that would be helpful for all of us. Okay?

And continuing to get retreat registrations, which is great. And just a reminder, I am so looking forward to seeing those of you who are coming. I'm really excited to meet you in person. It's wonderful to see your faces on the forum and see what you post. And there's nothing like being together. There's the richness, there's the vitality,

there's a shakti. It's really – we can feel shakti over the telephone and it's stronger in person.

So come and be in the shakti, that living spirit, that living well where we are together and we can support each other and really lift each other up because if you're having any kind of issues or – it's really not about that. Let me back up a little bit.

There's something about standing in the circle of women and this whole concept of sisterhood that we are here together as Yoga teachers to leave a mission on this planet, right?

The world needs us and the world needs each one of us to shine our unique light and get it out there to the world in a big beautiful way, in the way we are meant to. And it's going to look really different for each one of us and that's okay.

We don't have to be the same. So it happens when you see your sisters come together and they share what they're doing in their business or when they're stuck or when they need help or whether it's really private, you just feel so much love for them and then you realize you have that same love for yourself.

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And it helps you to grow to know that your sisters are wanting that for you, for you to thrive at your own level, at your own stage of growth as a yoga teacher and so it's like I personally experienced this alchemy of love when I'm in a women circle.

And this is a women circle focused on your business and your teaching to help you really find your place, create your program, learn how to attract all the students that you've been longing to serve to have the income you need to thrive so you're not struggling being broke which really doesn't help us shine our light very well.

I really encourage you if you haven't registered yet to register your bonus ticket if you need any help you can email Liz@divinefeminineyoga.com. She's the one who helps us with everything. Thank you. Thank you. Thank you.

Let's see if there's anything you'd like to say. Oh yeah. One more thing about the bios we worked on Maureen's file in the second class and for those of you who are wondering what the finished version came out to be we posted that in that thread on bios so you can go and see it there.

I think I'm also going to post it as a PDF on under module 2 so that that module is not incomplete but when you download the guidebook you also have Maureen's bio at the finished version.

We worked it a little then Maureen worked it a little bit to take the words that were really true to her. Your bio has to resonate with you first of all more than anyone else.

We've got a couple of people joining us on the phone. Hello to everyone who has joined us and I'm just going to right here and look at the webcast then a couple of more on the web. Hi. Sounds great.

Now luckily this morning I had some good meditation time and some good asanata time. Even in the rain I went outside and put my bare feet on earth which was wonderful and even though I'm still kind of struggling with a pretty fierce flu this week the inspiration that came to me this morning was to do a little chanting.

Just on the day when my voice is weak. When my voice wasn't as strong as it normally is. So we're just going to forget about the voice not being what I'm used to and we're going to do a little chanting here if we get into this energy of Saraswati.

So I invite you to imagine that we're all together sitting by a river and get comfortable and the goddess Saraswati is depicted us playing a veena, just that beautiful long stemmed lute. Now I don't play the veena. Someone in our class Lakshmi actually learned it as a young child.

I don't play the veena. I have here a shuti box but this whole idea of a beautiful woman, she's dressed in white, sitting by a river. So there's that flow of water, the constant flow of water which symbolizes divine spirit, wisdom, guidance from the cosmos.

Just maybe visualize us right next to goddess Saraswati and it's beautiful and there might be swans. You can feel the vibrant air from that water falling. Maybe there are healthy electrons in the air, you hear the sounds of the gurgling river and we're going to chant.

I am opening up in sweet surrender to the luminous love light of the one. I'll say that again. I am opening up. You can repeat. I am opening up in sweet surrender to the luminous love light of the one.

And then it goes I am opening. I am opening. I am opening. I am opening. I am opening. So we'll chant that. You can sing along with me.

[0:15:00]

[singing] I am opening up in sweet surrender to the luminous love light of the one. I am opening up in sweet surrender to the luminous love light of the one. I am opening. I am opening. I am opening. I am opening. I am opening up in sweet surrender to the luminous love light of the one. I am opening up in sweet surrender to the luminous

love light of the one. I am opening. I am opening. I am opening. I am opening.

Om namaha saraswati. Om namaha saraswati. Om namaha saraswati.

Take a moment to feel that luminous love light and its essence. Luminous light of the cosmo shining in you right, through you, every cell of your being. Illuminating you. Inspiring you. Guiding you.

So, let's look at the guidebook for module 3, it's in the website, and oh my goodness we have it upped an hour in advance this time. I think that's a record. Someone asked me for a copy of it yesterday but earlier I said, we're always putting finishing touches to it up to the last minute and we actually finished one hour early today.

Nourish your creative life with goddess Saraswati. She is beautiful Saraswati on the cover with her veena. So, in other so many different ways to think about your creativity as a yoga teacher; and the truth is that we know we think of creativity as painting, we think of creativity as dance, we think of creativity as maybe, poetry, but we don't usually think of...

Yoga teaching is a creative art but I've really come to see it as a creative art. There is a science to it that we need to learn, the alignment in the poses, you need to learn teaching methods, and in this class we're also learning marketing methods. We're going to particularly look at it next week; which is service, all of that is yoga service.

But I also believe that, you know, what often doesn't get taught is that teaching is a really creative act. You are constantly on the flow of what to say next, how to serve your students next, how to serve this person who's in front of you. Next, how to serve your community, how to serve your target population next, how to serve your life mission, how to serve your passion.

That is a constant flow of choices and decisions and small and big. We make the small decision in a daily basis and we make larger decisions when we've set the course for our teaching.

Where am I going to teach in that studio or that studio? Where am I being guided? What's my ideal vision of the studio I want to teach at? That's a creative choice. If you create your own studio, it's a very big creative project.

[0:20:00]

Laura:

If you create a room in your home, or even if you're same products in your living room. How do you want it to look? What do you want

to experience to be? What do you want on the walls when your students walk in?

And then, the way you teach each class, it's a very creative act. What poses to include, what to say when, how to stay connected in every moment with divine spirit so that you're really serving the people in front of you and you're not in your own head in relationship with what that group of students need, in that moment.

So, if you look at the guidebook, we start with: What is my creative edge as a yoga teacher? And what is currently happening for me at this edge? So this will be really, really, different in different years of your development and you as a yoga teacher.

I knew when I was a new yoga teacher, my creative edge was teaching a yoga class. That was a big creative edge for me and I would spend time planning my classes, writing class plans, thinking about them and designing them and what words to use and maybe creating a flyer, or a few years later a newsletter.

And now when I go to teacher yoga class, there is still a creative process in the moment of teaching the class but it's not something that I home, I need to be spending a good deal of time planning a class anymore. That is not my creative edge.

My creative edge would be, honestly, more in something really offering this class, creating the guidebook, serving my private clients, serving all of you in this class. So that is where the edge of my creativity is. If you think about in a different year it's been very, very different, what is my creative edge.

So you might just think about in your own life, what is your creative edge. It was probably not the same as a year ago, not that it should be. If you stay with the same creative edge for many years, you would start to become stale, you will feel a little bit bored. It's no fun and you will need something new. Or at least you're going to have to bring in new things to your teaching to keep them constantly alive, your classes alive.

This is a concept I was taking a few years ago and there's this thing where you have, in the California Mountains, they'll be like a bog, a swampy area, a flat land just full of, beneath the mountain where it's kind of marshy. And then at the edge of that there's this pine trees. And then, gradually, what happens is, the pine trees take over the bog, they take over the swampy area and then it's all pine trees.

So there's this edge where little baby pine trees are growing and different plants. And certain plants can only grow in the shade and other plants can only grow in the sun, while the little wild flowers in the bog are. And so, there's this edge where the forest is growing, it's advancing. So how are you growing? How are you advancing?

Or if you think about, I live here in San Francisco, Oakland, actually it's San Francisco bay. And so there's water from the Sacramento river, Sacramento delta coming down and then going out in to the Pacific Ocean, right?

And then the tides come in and they bring salt water to the bay. There's this big bay that all the cities of the bay area are around. And a bay is a very fertile area for a new growth because it's next to salt water, tide water with the fresh water. And so, lots and lots of growth can occur here in the bay. Baby plants, baby animals, baby planktons, and a new evolution actually, bays are, they have a diversity of species around the bays all over the world.

And so in a way, the edge of your creativity is like a bay. You want to be nourishing the edge of your creativity with constant inflow of inspiration. You might be reading books related to the edge of your creativity. You might be going to classes related to the edge of your creativity. You might be observing other teachers and learning from other teachers on the edge of your creativity.

And then you're diving into your own ocean, you're experimenting your teaching, you're trying new things, you're bringing that in and it's constant mixing of salt water and river water...

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As you are creating something new in your teaching. And what is your bay? It will not be the same as when you were a beginning yoga teacher, most often it's your regular yoga classes. That will not be that way in five or ten years. So, let yourself evolve and see what is your current creative edge; and let it evolve, let it change.

Now, we do things in a daily basis as a yoga teachers; many teachers meditate. I personally meditate. And it's a way to let the mind go quiet because deep, deep inspiration does not come from our personal mind. It is not like my brain is inherently creative, or anyone's brain.

Yes, there are a lot of little neurons running around and flashing but really, my understanding is that we are receiving ideas from the cosmos. We are receiving inspirations from inspiration, from the divine light, that shines in each one of us.

And so, the mental processes can get in the way of that. So just like I said, fears and doubts can get in the way of that. Well, too many thoughts can get in the way of creativity. So, allowing yourself time to be quiet everyday and for some of us it will be our automate practice.

You know automate practice is when your mind gets quiet. And just an experience of quieting the mind on a daily basis is very healthy for your creativity and very healthy for your sense of inspiration and connection to deep wisdom.

And I recommend doing things, perhaps also in a weekly basis, like going on a walk with nature if you can't do it daily, weekly. Yearly, go to a deep retreat, a long retreat on a yearly basis. So at least. We have daily practices, weekly practices and annual practices.

And places in nature are great places. I love when I used to live closer to the bay than I do now, I so love to walk down in the bay in the morning and put my hands into the water and just list up. A beautiful water and look out across the bay and just feel the life in my hands, so sweet.

So what is there close to you that you can connect with? Is it a tree? Is it a park? Is there a women's circle, sometimes you know, that's a great place. If it's for many years, my best meditation came after I taught a yoga class.

I would be sure to give a few minutes of silent meditation after my yoga classes so that I could, with my students, the gift to them and the gift to me. Enjoy that inner quiet that uniquely comes after shavasana, after a beautiful lesson or practice.

If there's a temple near you, you might want to go and meditate in one of them. I used to live right near a yoga ashram and I'd love going to that ashram. Meditate in the temple of Balibaba and get a lot of insights there.

So where do you have in your life that you can go? And here at the bottom of page two, I list the practices that I recommend you try for seeking guidance if there's a specific question or challenge, problem you're facing that you need guidance on, look at the steps here, they're quite helpful.

See how I'm doing on time. Great. We are just great. So, as a yoga teacher, we use our voice to teach. Right now I'm using my voice and when you stand in front of a yoga class or you give a talk, or you walk at a private client, you're using your voice. And, speech and the voice is covered by goddess Saraswat and I love thinking about that, that all speech is considered feminine in the yoga tradition.

[0:30:00]

Hamsam Navedas, where it was the goddess Vatsh, has been kind of absorbed into the goddess Saraswati, Vatsh meaning speech. And I love the idea of speech as sacred. It also comes from this idea of found as sacred, and all vibration as sacred.

So, can you allow yourself to feel that every found that emanates from your body is sacred? And how would you talk, if you really believe that? How would you pronounce your words?

I want to tell you of couple of stories from my own life about this. About twenty years ago, I started to learn Spanish, lived here in the bay area and there are ton of immigrants found all over Latin America. That time I was meeting immigrants from Central America. I was teaching Aesop as a volunteer in those communities, as people seeking a filing actually from violence in their country.

Then, I started to learn Spanish, and as I learned it, people told me that I sounded like a completely different person when I spoke Spanish than when I spoke English. For many years I was a Spanish bilingual elementary school teacher—this is what I did before I became a yoga teacher.

So, gosh isn't it interesting that I'm talking about Saraswati on the day that my voice is a little off? I really think that this is not so much about the physical quality of your voice that you have a high voice or a low voice--it's not about that folks, it's not about what your voice sounds like. It's about the feeling behind the voice.

So, some of you may know--I'm not sure how many of you have heard the story; I don't think it was in the preview call for this course, but I talked about this in the Divine Feminine Yoga TeleSummit, which is still available free to the public—you can go to divinefeminineyoga.tellussummit.com to the bottom in the signature of all of my e-mails and download all of those recordings.

In my interview I talked about how it's been a journey for me to step into my feminine side [Laughter], used to live very much in my head, very much in my masculine side. I was very disconnected with my mother, literally, emotionally, and I just want nothing to do with the qualities that my mother expressed.

I was much more identified with my father, and, kind of like Athena—very nerdy physics major [Laughter]. So, that was quite in my head for many many many years and yoga has helped me move out of that but another piece that is voice, and the way I use my voice. It was interesting for me to notice that I let myself be feminine in Spanish before I let myself be feminine in English [Laughter].

So, if you're nervous about using your voice, you might try speaking in a foreign language if you know one or singing a song or saying a poem, and just let yourself express all the love that you have in your heart and that language.

Another story is one of my teacher's in scholarship online. She teaches about the goddess and has written several books on the goddess. I love Charlie Chap B-O-N-H-E-I-M, Bonheim.

And I've taken many workshop with her and her voice. She's lived in India for a while she learned Temple dance—her voice. I would listen to her read poetry and I would just think, "Wow. It's like every word was so sacred."

And I just felt that there was so much love in her voice. There was so much tenderness in her voice that she was speaking to the goddess, she was speaking for the goddess, she was speaking as the goddess, with each word.

And so I decided I wanted to let myself be that way. Why not walk as the goddess? We are the goddess. And so, there's a gentleness, there's a tenderness, there's a strength that comes with knowing that the words, the facts, are not you, they're the goddess. We are not the doer.

[0:35:00]

And a wonderful way to practice this is to take sacred poetry. You can take any poetry that you love and read it at home with love and tenderness. Read it. It's a wonderful way to practice the sacredness of speech.

So I'll leave you at that. There are some other practices you can try. And then I list some creative projects that teachers need to work on. You might see which ones are up for you. Everyone has a growing edge, folks. Everyone has a growing edge. So what is it for you?

So, turning to page 5, I talked about a great artist. I was actually thinking about someone like Leonardo Da Vinci here. And what can we learn from great artists? How can we be like them or Georgia O'Keiff.

They have just a ton of discipline—they are practicing all the time. They paint, they paint, they paint, they paint, they paint. They fill up sketch books. They fill up sketch books with rough sketches—ideas—so many things that never happened.

And I want to tell you guys that if you can see my house here, I just have so many ideas overflowing, many of which never come to be [Laughter]. Some of them do, and those are the ones that get polished.

But, that's part of being an artist, a creative being is just letting your creativity flow, giving yourself time. Some people think that copying is not real creativity. I was talking to one of my clients recently who

said “Well, I don’t really come up with my own yoga classes. I just copy others.”

That is creativity! Did you know that in art school, one of the things they do over and over again with all the great artists—look at the other great artists, and copy them! It is a stage of creativity. So, let yourself learn by other’s example that is completely valid. Find the people you really admire, teachers you admire. Watch them. Go in their classes. Listen to them. Write down their words.

Imagine, listen to yourself saying something similar. I am not saying to plagiarize—that’s not cool, right? I am not saying to copy 100% verbatim—that, you can certainly learn from the structure of other teachers’ classes, you can learn from the poses of your favorite teachers.

You can learn from the guided visualizations of them. That’s a very valid method of learning in becoming a great teacher yourself. And what happens when you’ve internalized forms from others, you’re then free to let the form go, and create your own form.

So, on the next page I talk about what it takes to really nourish creativity. Then we all have something creative to be nourishing. The first thing is to plan time.

And I recommend that you take at least two half days—like two four-hour blocks or two three-hour blocks minimum per week, when there’s nothing else going on. You’re not checking your email. You’re not answering your telephone. You’re not doing admin. You’re not responding to clients. You’re not teaching clients. You’re not doing your bookkeeping, not traveling. You are completely dedicated to developing your creative edge. Okay?

If you can get two full days, that would be even more ideal. But many of us need to spend time in servicing clients, serving clients, teaching our classes, doing the other things, doing the admin. But, you do need to plan time. Put it in your schedule, write it down in your calendar, tell your family not to bother you.

Then you need to think about where you do your best creativity. Is it in your yoga studio, is it in a special room in your home, is it on a special couch, is it going to a cafe or a library, is it outside in a park, is it on a hike?

One of the things that I do when I have a project and it feels like a little bit hard is I set a timer and I’ll say -

[0:40:00]

“Okay, I’m going to concentrate for 90 minutes.” Now, 90 minutes is a good period of time for the brain to really focus and then you

honestly got to need a rest. But I say, “Okay.” I put on the timer for 90 minutes. I have nearby me some tea, maybe a snack if I think I might need it.

And I will actually sometimes make a list of the things I’d like to get done in that 90 minutes. We’ll say if I’m going to read—let’s say I’m writing an email. Can be very hard to look at a blank piece of paper and try to write from scratch?

So I’ll get like to get to help myself get started I’ll break it into little pieces. I will make a list, and I’ll say, “Okay. Today I’m going to read my last email”, “Today I’m going to look at my folder of email ideas”, or “Today I’m going to generate a list of email ideas”, or “Today, I’m going to write down the topics related to the divine feminine that might be great email topics, or “today I’m going to read my draft from yesterday and then revise it”.

And with the timer on, there’s something about you know—it’s like you set a boundary around and not going to check email for this time or not even going to answer the telephone right now. And when that 90 minutes is up—you might choose 30, I used to do 30—then you go for a walk, you stand up, you clean your table, you look at the sun, you play with your dog, you take a break.

So that’s one of the things that I have been doing. I’ve actually found usually when I’m working at home. I used to be that I did my best creativity at home, but now I’m finding that going to a cafe, believe it or not, with all the distractions there, is actually less distracting for me.

So I’ve gone through different phases and different times of my life where I work best creatively. And what happens is once you start creating regular structure time, you will get downloads at other times when you’re not planning on it.

So soon as you block into your calendar that you’re going to work on your email or you’re going to work on your next workshop plan or your class plan, you might work on that for 90 minutes, or take a break and then another 90 minutes, and then you’re taking a walk and all of a sudden you get these whole download of ideas—that’s a great time to write them down because that’s just how it happens.

If you are not taking discipline, structure time for your creative projects, you probably would also not be getting the downloads; the unexpected downloads become more frequent when you have structure time that you plan into your day.

But then you’re going to find creative ideas coming to your sleep and when you wake up and your eyes open and “Oh! I know what I want to say in that program” or “I’ve got a title for my program.” You know, ideas will come to you when you least expect them.

If you have the spaciousness, and it's possible, take some time and just write down everything that came into you because honestly, you might not remember it a few hours later. As soon as you can. It might be the next day but if you can do it the same day, if you can even do it immediately, that's ideal. But other than those downloads, it's just how the process works.

And I want to say something so specific about writing. There's a lot we have to write in our yoga business. So the teaching is creative, using your voice is creative, organizing a workshop is creative, and then you need to write the promotional material. You need to write the flyer, you need to write the web page that describes it, you need write the blog post, you need to write the email.

So there's quite a bit of writing these days that goes along with promotion but also it can be the materials for your class. If it's a handout or a worksheet or a guidebook that goes along with something, you need to be doing some writing.

So, similarly to other types of art, there's a lot of experimentation like I just gather files and files of rough idea. When I was preparing this class, I just gathered tons and tons of rough ideas. Over a period of that two months, really, we had the idea for this the beginning of November. And, it didn't take form until January.

So, I had a file which I get a download of an idea and I would just throw pages and pages of notes into there. And then, once you take all of those rough ideas, and that's when you start to shape, sort of like sculpture.

[0:45:00]

Okay, read over all your rough ideas and how does it all fit together? What is the connection? What is the relationship? What do I need to add? What's missing? What's going to take away? What's too much? It's not like sculpture.

And then, there really is a certain discipline at the end to polishing your work really and I highly recommend working with an editor. I think this is surprising to a lot of yoga teachers but I wouldn't send out anything personally I don't until I have an editor and sometimes it's just my husband.

Sometimes I'll write an email newsletter set it up and then have my husband proof it and sometimes that's enough. Sometimes there'll be some very minor changes but sometimes you'll say no.

You need to change this and this in a pretty detailed in depth way but sometimes well for these guidebooks that you're getting I've been working with a wonderful designer and editor who has these

check for proofreading errors and also make it look great. Isn't she fabulous?

I'm really grateful for this amazing designer who has put it in such a lovely format but don't send the flier out because we cannot notice our own typos. We just cannot notice our own typos. You cannot notice your own grammatical mistakes. Read everything aloud and be willing to do revisions, okay?

Come back to something the next day and be willing to revise it. Show it to your friend. Ask them what they understand and what they like and ask them what doesn't make sense to them and be willing to fix it. A lot of times some people think, "Oh, my first draft should be good enough."

Be willing to craft your writing. Be willing to work on it, okay? And then when you think it's done, read everything aloud. Show it to someone again, have the final version proofread. It can be paid editors if you want to do that or it can be someone in your family, someone on your team, a neighbor who's a good writer and will check spelling mistakes because spell checks these days, they miss quite a number of words and they can miss grammatical mistakes. So, please do that.

Okay, so now I'm going to talk about designing your signature workshop, your advanced training or your committed private program, okay? This is your best offering.

This is your ocean or for some of you it might be your river, right? If we could go back to that model that I've showed you on module 1, an empowered business model where you have free offerings, then you have entry level offerings, then you have more highly committed, perhaps more time lengths, perhaps a higher dollar value offerings.

So, we're not talking about dropping yoga classes here, okay? So everyone in this class can create something like this. Even if you're an absolutely new beginning teacher or if you're a very experienced teacher, it would look different depending on where you are in your growth and development as a yoga teacher.

Goodness gracious. I'm just taking a breath here for a moment everyone. I think talking for an hour is a little bit hard for me. I'm here. Hold on.

[0:50:00]

Laura:

Alright. Okay. I think I'm back. I want to talk about some of the different ways this might look. If you are a new teacher and you're wanting to work with clients with depression and you know you

want to work 1 on 1, then for you this might be private sessions bundled into a group for your clients.

If you are a nurse and you are wanting to work for post-surgery clients then this again might look like private sessions bundled into a group.

If you are wanting to offer a program for addictions this might be a group class or a workshop on addictions or it might be more a series of private sessions where you invite people into let's say a group of people 6-8 persons per lesson and they get a bonus with that maybe an audio or a guided visualization or a book that goes along with what you're wanting to cover.

So it might simply be private sessions that are woven together that are flexible for each student where each student is getting something unique to them but the way you write about it, the way you think about it, the way you talk about it is something of a comprehensive transformation that you want for your clients.

If you are a prenatal yoga teacher and you're wanting to offer say a 4 session workshop in how to prepare for a healthy, happy birth or a healthy peaceful birth, this would be a series of say 4 in depth workshop.

If you are wanting to teach yoga in the workplace and you've never done it before this could be your creative edge and it could be the you design simply what it's going to look like for somebody in a workplace who is a beginner and has never done yoga before. So start taking yoga on their lunch break. What is the transformation you are going to be taking them through?

If you are wanting to offer a workshop on sacred mothering, then it could be 4 sessions, 4 2 hour session. What are the different themes you want to take them through?

If you have a yoga teacher training, you might not want to change the training if you have an existing program but it might be that you want to understand it better because all of the exercises in these next several pages here are going to help you prepare your marketing.

So today what we're going to do is we're going to look at how you can create your program, this is a brainstorming, a series of 7 steps to help you brainstorm. Actually it's 8 steps to help you brainstorm your program and then start thinking about it.

I'd like you to start thinking about it this week and then next week we'll take all the work you've done here and put it into a description, a program description that you can use in your marketing.

Okay and again everyone in this class can do this in some level. If you feel like you're stuck and you don't have an idea of what to offer for your signature program, please go on the forum and ask for help or please come on the mentoring call on Monday and ask for help.

So the first thing you want to get clear on is what is the change you are wanting to bring about in others? What is the gift of the transformation that you want to offer? And again this is going to come from the work we did in module 1 on Durga.

What is your passion? What transformation have you received in your life through your yoga practice? What pain have you overcome that you can now help others to overcome? What specialized knowledge do you have that you would love to share with some group that you are passionate about helping?

So go ahead and answer these questions here in page 9 and they may not be all relevant to you, right? Not all of these questions will be relevant for everyone but at least 1 of them will get you started thinking about what transformation you'd like to offer and I know some of you probably are already clear on what your in depth program your trying to create is. Some of you aren't.

[0:55:10]

Laura:

So if you're not, using these questions can really help you get going. If you are clear, do this page anyway because what's going to happen is you're going to start to find the words that you need to describe both when you're talking to people 1 on 1 and when you're talking to people in writing. In your flier when you're doing your email or webpage, you're going to need these words.

So, these words are not only to help you get clear on what you want to offer. They are also to help you get clear what words you're going to use and describing it. So go ahead and fill this out.

The next part is getting clear on how you are going to deliver these transformations. I list there different options it could be private sections, private sessions, packaged into a group and ideally to make it really juicy I would encourage you to consider bonuses. That could be a later step or other special add-ons.

So it's not just 6 private sessions but maybe there's an audio gift that comes with it, there's a book that comes with or maybe there's homework that comes with it or a hand out.

Okay, so one option is private sessions that are sold in packages another is a committed class. This could be a class at a workplace where you say it's an 8 week series and they're all committing to the

8 weeks class at a school for teachers after school or children and it could be themed. It could be a themed yoga class.

So it's not a regular yoga class but a class with a theme. It might not be your regular 90 minutes. It might be 2 hours. A weekend workshop, so just look at the different formats here that you can have.

Teacher training and training for other professionals that something might include yoga, okay? Those are the possibilities and the next step is to consider the people you're going to serve. Who are you going to be helping?

And this is the other ingredient of your passion. You need to be really clear on your passion and then I want you to start thinking about who might like this work. Who might relate to it? Who will it best serve?

And you can draw off some past students if you had them, past clients or if you're a new teacher you might draw on your friends, people you know in the world, draw from a target population and if you can come up with 3 specific people that's ideal and I want you to write their names here and for each 1, you're going to think about their worries.

These are the pains, the worries that keep them up at night and I want you to pretend that you are this person. So you put on this magic thinking cap of this person. Don't use your own words. Use their words. Pretend you're this person and write 3 worries that that person has and how they might say it to their significant other when they're waking up and they say, "I can't believe I couldn't sleep last night. This is just driving me crazy."

And then, what are the results they would love? They would say, "Gosh. I just wish I could sleep again." Put it in there where - you do not get points here for being cute or creative. Creativity comes in other places. Here you want to really start to get those words that your actual clients would use.

And then the next page we're going to summarize. So summarize who is your ideal client and see if you can come up with a list of pain words, things that don't work for them.

So for many let's say yoga beginners. Let's think of yoga beginners. These are the pain words they have before they start yoga because that's what we're going to be reaching out to them if they're beginner, if we want to work with beginners.

Let's think about let's say beginners who are suffering from depression. It might be they feel lethargic. They don't have any

energy. They are tired. They're depressed. They're sad. They cry a lot.

What would be the pleasure words, joy, ease, peace, balance, freedom, okay? So start creating word banks here and you're going to use these later later both when you're creating the title for your program and when you're talking to people about it.

[1:00:04]

You're going to use this later, both when you're creating a title for your program and when you are talking to people about it. So you want to start getting familiar with words that your ideal clients use.

Then, step 4 is really important; this is when you organize your material into steps or themes. And this could become different days of your class, this can become different sections of your content and this is a way you organize your content.

So some examples would be, if you have a 5 step process. This class is broken into 4 modules each one based on the name of a goddess and the energy of a goddess. This is not the only way I could've organized this material, right? There's many other ways.

So, this is actually a very creative piece of work because you're taking something that has no form, and you're giving it structure and there's an input in a number of ways that body the material can be organized. If you look at that, four seasons, one of my clients is doing a workshop on the four seasons and each workshop has a theme for a different season, that's the way she organized it.

We have 13 lunar months, you can do a workshop that is based on the 13 lunar months. There are 7 chakras, you can do a workshop based on that and the energy of the chakras. There's the 5 yamas, potentially has an 8 limb system, so he didn't just come in with a blob, he said I'm going to break this into 8 steps.

A yoga teacher training has identifiable elements, you look at yoga alliance, what they require and you look at yoga teacher training, there's really identifiable elements. So how do you find your steps? How do you find your themes?

Well, I recommend that you first write down everything that goes into the transformation. If you're looking at yourself and you, you're the only person who's been through this, and you're not just going to start working with others.

We had someone on the mentoring call who talked about, I think it was Julie, working with body image and she wants to go out and train other therapist to help improve body image in her clients in a

yoga perspective that she may have never trained other therapist to do that she's done herself.

So she's going to write here all the steps that she uses with her clients. And it could be a lot, it could be 50 things she does and then she could organize them to categories so they fit together, they group together, this one comes first, this one comes later or the themes.

And then you start to play with how you could organize the materials. So just let yourself consider organizing it in different ways. Ok, and then, page 14. After you've played with a couple of different ways to organize your material, see if you could come up with one that really fits and this might not always be an easy process. This might take you a week or two.

You may organize your material one way, one year and then on the next year come back and re-organize it. That's okay. I want you to just try to come up with an initial organization here so I have written down space for you to write about, 4 steps, that you might have more than four and these could be themes, they could be values, they could be months but this is to get you started if you need more space, if you have a piece of paper that's great.

I want you to write down the first step or theme and what is the benefit of that. There's an immediate benefit and then there's a far reaching benefit and very often the far reaching one is the one that ideal clients are longing for.

So for example... I have an example here, if you want to have a yoga program for better sleep. You might have four practices, I put down here two. Let's say one is, you're going to teach your clients deep breathing, so, the immediate benefit of deep breathing is the mind starts to soften and you can relax.

And the far reaching benefit, what's the benefit of that? Well, you could have easy more rest and sleep. Let's say that the second practice that you're going to teach in this program for better sleep is restorative yoga poses.

Well, the immediate benefit might be, a restorative yoga pose will open your circulation, it's going to increase circulations but you don't have to exert. And so what's the far reaching benefit of that, of opening your energy pathways without exertion? Well, your mind gets quiet.

[01:05:00]

And you fall asleep faster at night if you practice the poses before bedtime.

So I was working yesterday with someone who's working on a prenatal workshop. Your themes might be teaching visualization, teaching toning for pain management and for each one you're going to say what is the direct benefit and what are the indirect benefits far reaching. Not indirect but far reaching benefits of the benefits.

From that you now have enough brain storming, enough words that you can start thinking about a possible title. You don't have to stick with your first title but go ahead and look at some of the titles that you're going to weave into your title probably some benefit words, words that your ideal client are really longing for.

What are they looking for? Weave that into your title and then something about what it is. What is the transformation? Weave in a piece of the transformation and then a word that explains of it, a package, a jump start package if it's a training, something like that.

So go ahead and brain storm your titles and there's one more. That would be a great thing to post actually on our forums. You can post any of these actually.

And then now we get down to and this is one of the last things - your content delivery details. This is how many hours will the training be? If it's private sessions how many sessions do they need to get the results that you want to deliver. What are the dates and times? Stuff like that. And then I want you to think about bonuses. I already talked about that and the prize.

Now prize are really interesting one and this is one that trips up a lot of us and I really recommend you to tune in to your intuition here and it's fine when you're getting started to have a lower price point that you're comfortable with and to gradually increase your prizes as you get more comfortable.

At the same time when something is under priced it's very often not valued. I've had a lot of clients who said they wanted to offer free classes. Now I do recommend a free class or a free session. I don't recommend them an ongoing way because what happens is people value what they pay for.

Very often I've had people say gosh I have a free class but nobody's coming or the attendance is so low. People will be more committed if they have paid for something. So I recommend you think about that and you can stretch your self a little bit here.

Look at your comfort zone. What is the low end of your comfort zone? What is the high end of your comfort zone? Try not to be too close to the low end. Go a little bit more towards the high end because what I've found is that when I go more towards the high end, when I have that extra income coming in I'm able to offer more

free stuff which serves a wider number of people. I'm able to offer more lower level programs again which serves more people.

So it's not necessarily greedy to ask your really really committed clients because you also save your time and you're able to offer a much higher level of service to those client who raise their hand and say I want to go deep with you.

You can serve them so much better when you are sometimes at a lower price point you'll have so many students at that lower price point that you can't serve the ones who want to go deeper at that deep level.

So let your self kind of realize that your service can be a deeper service as you raise your prices and find out who really wants that deeper level of service, who wants to go there with you.

[01:10:00]

I'm going to go to the phone line and see if there's any questions or comments or just maybe give time for us if you want to share any of your insights of what you're learning in this class it would be wonderful to hear and maybe just share what you got out of this class, any ahas.

So the way you raise your hand is you press *2.

I'm wondering if somebody would like to share - you don't have any questions. If somebody would likely be willing to share their idea for their in depth program that they'd like to offer so we can hear and learn from what you're wanting to do. Who would like to share you press *2 to raise your hand.

Okay we have - hi there.

Kelly: Hello.

Laura: Hi who is this?

Kelly: This is Kelly from Michigan how are you?

Laura: Kelly well as you hear I have a little bit of a cough and my mind is quite happy. Your phone line says Constantine. So hi Kelly. So what do you want to share?

Kelly: Well I figured no one else was raising their hand. Thus far I've come up with the name of my program and Blissful Glow Yoga and that was derived from the list of words that I went through of radiance, of joy, of allowing women their inner light to shine out.

It's something that I've had people say to me they're like wow what did you just do? What have you been doing? You're just glowing and you seem so happy and I'm like that's yoga and that's meditation.

Laura: Absolutely.

Kelly: So I've got Blissful Glow and I've actually ran it across a few of my students and they're just like I really love that. It absolutely defines what you're trying to do. Overall I want to help women. I want to help women.

I myself has gone through some things in life of having maybe people like stay and try to limit what I can do or to say you need to be like the next person but I've always just been a free spirit and believe that we all have our own personal gift and our own destiny and path that we're supposed to follow

But I know how hard it can be when you maybe don't have family or you don't have friends around to support you so that's my thing is to try and reach out and empower the women that are like I want to have my own business or I want to travel. I just want to live my life and be happy, to help them gain that confidence back and realize that they do have what it take inside and they have that courage to do it.

I just want to be able to help them to develop a daily practice but just doing some different work to be able to manifest that too because that was the thing for me. I had to get to that point of sitting down, creating a vision board but really looking at it and seeing each thing that I have here.

Can it serve me? Would I really like to be there? Can I do it? And I was really able to breathe life into it and believe in it and those things has happened for me.

Being in this program was actually one of those things on my 2012 vision board.

Laura: What do you mean? Oh wonderful.

Kelly: Yeah actually participating because I'm just like okay where are you going to pull the money from for this and what are you going to do and I just sat up everyday and I'm like you know what it will happen. You'll get the client you need or whatever it is.

Two days before it happened and I'm like I'm good so I just feel like I'm living and breathing what I'm trying to help other women to do and overall I think once you do that that's the way to get back to our connection with the divine mother. There's a lot of how just beautiful we are and like I said I have a purpose for being here.

Laura: Wow. Well Kelly this is a great example. Thank you so much. First of all congratulations on manifesting your vision to be in this program and thank you for raising your hand and sharing. This is a great example.

So you have done a great job of naming the transformation you want to offer, really clear, super clear, taking women from feeling like they don't have family, they don't have friends and helping them find the courage and the confidence to manifest their dreams

[01:15:00]

That's really clear, great. Do you know how you're going to offer this?

Kelly: Well, I would like to and I've been trying to focus and I would actually like to do seminars and workshops. I would also like to be available to do private sessions because I know sometimes everyone is not at that point of being open and being in a group session to really want to share but I ended up yesterday just by getting invited to a church and we ended and we invited everybody but a women came and this was actually the start of it and 8 ladies who were like, "We want to do this for the next 4 weeks. What can you do to help us?" So I guess the group sessions are going to be a go.

Laura: Okay good, congratulations on that, manifesting that too. So here's something I would say is that this transformation, it sounds like you have 1 core transformation you want to offer and overtime you will develop different programs from the same transformation.

So what I recommend you do given that you already have 8 women saying, "Help us." They've already committed it sounds like for 4 weeks. Use this outline here to create your 4 week program.

Kelly: Okay.

Laura: And share it on the forum. If you can do this, this is the same 8 steps you can use over and over again every time you create a new program and this is good for everybody listening. Take 1 program that you want to create.

So rather than picking all of them, pick 1 and it sounds like the next one in front of you is this 4 week program and go through these exercises to outline it, okay? Do you know how to do that? Is that clear? Or are there pieces on it that are not clear?

Kelly: No, I'm just taking down and jotting down notes that you're telling me. I get it.

Laura: This is a great example. So if we're going to look at the content of delivery overview. It's a series of 4 committed classes. How long will

the classes be? That gets into the service delivery late but how long will the classes be?

Kelly: We are going to do 1 hour a week.

Laura: At the church?

Kelly: Yes.

Laura: Okay and are they paying for the 4 in the series, the block?

Kelly: Yes. They're doing 4 series honestly in the past I have not have a whole lot of luck for doing drop in classes and it left me in a bad place financially so what I've been doing just like the end of last year is people prepay so I'm charging them \$40 per person and there have to be a minimum of 5 people willing to sign up and then the church gave me a discounted rate of \$12.50 per day that we do it to pay and also I got 8. Do you feel that adequate for what I'm offering and what I'm doing?

Laura: Adequate, meaning high enough price?

Kelly: Yes.

Laura: You know Callie, this is like **[1:18:43][Phonetic]** It's only a question that you can answer. It sounds a little bit low to me but I don't know your audience. I don't know your town and I don't what they're used to and so you really need to decide based on what feels comfortable to you.

It might be that for the first time for you have for you to have 8 women and to charge this much is great and another thing you need to look at is what is the income that you need and want to generate in your life in order to meet your financial obligations, support your business, grow your business and be of great service and so how many of this can you offer and does this all light up to the income you want?

Kelly: Correct and I know before they like to offer Tai-chi and they offer some different things and most of the teachers were doing \$5 per class and they were doing drop in but you know I just thought I've never charged less than \$10 for a paid yoga even when I did drop in.

I just didn't want to go below that because it was like you said I was thinking if they're used to paying \$5 then this is going to be double and then maybe you know like you said increasing it as it goes along and then I'm really going to have this fee. How much more time and work is going to go into this as opposed to classes that are taught in the past.

[1:20:14]

Laura: Now, a lot of times at churches, people are accustomed to paying less, if you meet them through the church not always but often. That's one thing to keep in mind and the other thing that I would ask you just to see if this really fit, this model of taking people into the ocean.

Are you doing just yoga with them or are you taking them into a whole range of personal development and understanding because some of the things you talked about. You talked about a vision board. You talked about helping them identify what activity is it for you when you're talking about classes Callie.

You said you used the vision board. You said you used discernment about does this activity serves me? Does that activity serve me? Are you planning on doing any of those things with them?

Kelly: This is what we're – okay the way it happened it was 1 of my art flash yoga students that I had in the past and she was telling people on my church about you. I really want you to come and try something else like this is kind of helping shape up.

We talked about maybe in a couple of months trying to do like a workshop or seminars for 2-4 hours where the women can come and do their vision boards and you know really go more in depth but we're just trying to – I just wanted to really see if it really fit on the church setting. How it would be received because this is my first time actually even teaching yoga at all in a church that I've never been to before?

So but I really - long term I do know in my overall goal like I said it's to be able to implement all of those different things that I've told you about because I personally used that and it has worked phenomenally just in my life.

Laura: Okay so what it sounds like to me is that through this activity you're learning about what it means to teach in a church, who shows up in a church, how you feel, how the pricing works. These do not sound to me like it's really your creative edge yet.

I think that's still to come and so you might want to go out and create that workshop and ideally, honestly what I'm wanting to see people step into is not just a 1 time shot. It's 2 hours but like something that you can't really bring transformation to people in 2 hours.

People need to be with you for a whole weekend or they need to be with you for 4 weeks but not just 4 weeks for an hour. That's not enough to take someone to a deep level.

Kelly: Okay.

Laura: It sounds like what you're doing and I'm not putting down what you're doing at all because I hear that this is great growth for you to be reaching out and finding this audience of the church and what I would do is go teach your class, your wistful glow yoga, have a great time doing it and at the same time be thinking ahead to what you can offer that could be deeper that would include more of your personal processes because for you yoga was just one piece, right?

Kelly: Correct.

Laura: So, for you, yoga might be one of the steps in your overall process. I want you to look at what you have done and go to page 13. I want you to brainstorm all the things you've done to you I know that yoga is one of your steps.

I know that you mentioned vision boarding, it sounds like you talked about discernment where you're listing out all the things you want to do and asking whether they would serve you or not.

Write out all of the things that you've done in your life that have helped you grow and then see if it fits into themes and those could be themes for - you could do like 4 hour workshop, 3 times or 4 times, so they can come 4 weeks or it's a weekend or maybe it's a Saturday or Sunday but it's more in depth because honestly I'm going to guess Callie we don't have time to go deep to you to anyone else I would like to ask a question or share.

I'm going to guess you've got a lot in you and you've got a lot you've done to get to where you are now and so it's not something you can teach people in 2 hours or even 4 hours.

So see if you can really develop your richness and the name of that would not be wistful glow yoga because that sounds more like the name of your yoga process that you're teaching.

I love the name of wistful glow yoga by the way but your in depth program is going to be something else. It might not even have the word yoga in the title because yoga is one of the processes, one of the ingredients that 2adds to the alchemy of your transformation but you know it's probably not the whole thing.

[1:25:02]

Laura: So, does that give you enough to start with?

Kelly: It does and that what you just said last that it may not include the yoga and that's just something that I've gone back and forth with because I'm like ugh it's not...

Laura: In the title.

Kelly: Right in the title. I'm just **[1:25:12][Phonetic]** I'm just like it might be more than that it may not be so I thank you and I just appreciate everything thus far that you have shared with us and this has been so empowering and encouraging for what it is I'm trying to do. So I appreciate the time that you've given us and of the helpful information.

Laura: **[Laughter]** Yay. Well, thank you so much for raising your hand Callie. That was very brave of you and good to hear from you and good to have this. I'm sure everyone has learned from what you shared as well and getting to go through it. Thank you.

Kelly: I feel better.

Laura: Yes, I know, thank you. Okay everyone I see that we're just about at time if anyone has like a minute or 2minute question you can raise your hand. Otherwise, we will come more in depth on the mentoring.

So, for Monday's mentoring call, I'm going to go over the bios so and just kind of give feedbacks on some of the bios that have been posted so do post your bios if you would like feedback and also if you have other questions or tap. We can go over anything from any of the previous unit to this unit.

If you'd like to talk about your signature program that you want to create, if you'd like to talk about any blocks or fears that you're like "What do I have to do with this block or limiting belief?" Post that. You can raise your hand on the call on Monday.

It's always better to post it if you can so I know who is asking for time. If you want to go back to your core passion anything from the unit on Durga, it is all fair game anything we've done so far. So I will talk with you all on Monday. I'm just going to sit down here and send some blessings for everybody who has been with us on this call.

I'm just going to go see if there are any comments on that. Okay, Heidi. Let me just read this. Hello Laura. I'm Heidi. Today's class is exactly what I needed to take me to the next level, to deepen my writing and organizing my material in thoughts and creating a transformational series of workshops. I am getting clearer.

Yay, Heidi. We're all learning together, fantastic. I'm so glad for you Heidi this was helpful. Okay so, I'm just going to actually. You know what I like to do is just sit quietly. I know this is... I'd like to do the mantra for Saraswati again.

See, I tune in a lot. I don't know if any of you noticed but I just sit down close my eyes and sense how should we end our class and I

got the guidance to chant the at least belief say the Saraswati mantra which is on page 1 and I encourage you to do that if you're free, if you're talking with someone, if there's a question you don't know the answer or you want to think about something. Say, "Let me just tune in for a minute. Close your eyes take a breath and see what comes.

On page 1, om aim saraswatyei aim namaha. Om aim saraswatyei aim namaha. Om aim saraswatyei aim namaha.

So many salutations, so many blessings to goddess Saraswati. May we all be guided with our highest wisdom, our highest good. May we all be filled with love and sweetness and courage and strength to bring our gift to this world and shine our light together and may we all be guided in the way we need to thrive living our lives with abundance and beauty.

Something for you all, big hug today. Namaste.

[1:29:24]

End of Audio